



Flavors of Rochester at the Market

A sampling series brought to you by the City of Rochester Public Market, Friends of the Market, Democrat & Chronicle, Summit Federal Credit Union. Saturdays, May through September. 10 a.m. to 12 p.m.

www.cityofrochester.gov/marketflavors;

www.democratandchronicle.com/rocflavors

Guest Chef for August 12, 2017:

Velikiy Novgorod/Rochester Sister Cities

Recipe: Russian Radish Cucumber Salad

Adapted from diethood.com

"This is a delightfully crunchy salad that takes minutes to assemble. Seasonal and fresh, are the key to this enticing salad. Radishes and cucumbers are thinly sliced, and lightly tossed in a creamy mixture of dill, garlic, and fresh chives with a hint of lemon." Rachel Patterson, Registered Dietitian

Ingredients (Yields 4 Servings)

- 1 cucumber, thinly sliced
- 1/2 bag or about 8 radishes, thinly sliced
- 1/4 cup sour cream or plain yogurt
- 1 Tbsp. olive oil, or oil of choice
- 1 garlic clove, minced
- 1 ½ Tbsp. chives, chopped
- 1/8 -1/4 tsp dill weed
- Generous pinch salt
- Pepper, to taste
- Juice of 1/2 lemon

Directions

1. Using a mandoline slicer or a freshly sharpened knife, thinly slice cucumber and radishes, and place in a large family style serving bowl.
2. In a small bowl, whisk together, sour cream, oil, garlic, chives, dill, salt, and pepper.
3. Add the sour cream mixture to the cucumber and radish, and toss with a large wooden spoon, until each slice is lightly coated.
4. Squeeze fresh lemon juice over the salad before serving.

Kid-Friendly Prep Suggestion: Omit the creamy sauce or toss in plain sour cream!